



DECEMBER 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Individual breastfeeding counseling available during pregnancy or after delivery. Call 301-759-5020 to schedule. (Allegany County)		1	2	3	4	5
	6	7	8	9	10	11
12	13	14	15	16 BF Support Group offered by Western Maryland Health System. 1-3 PM Call 240-964-6400 for location.	17	18
19	20	21	22	23 BF Support Group offered by Western Maryland Health System. 6-8 PM Call 240-964-6400 for location.	24	25
26	27	28	29 Prenatal Breastfeeding Class at Western Maryland Regional Medical Center's Auditorium 6-9:00pm, to register call (240) 964-6400 (classes free of charge)	30	31	



JANUARY 2016

Maryland WIC
Better Nutrition Brighter Future

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Individual breastfeeding counseling available during pregnancy or after delivery. Call 301-759-5020 to schedule. (Allegany County)					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26 Prenatal Breastfeeding Class at Western Maryland Regional Medical Center's Auditorium 6-9:00pm, to register call (240) 964-6400 (classes free of charge)	27	28	29	30



FEBRUARY 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Individual breastfeeding counseling available during pregnancy or after delivery. Call 301-759-5020 to schedule. (Allegany County)						
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21/28	22/29	23	24	25	26	27